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GNAC Indoor Performance List













ICON KEY: NCAA DII Auto NCAA DII Prov GNAC Auto GNAC Prov

60m (Men)

				NCAA DII Auto 6.75	NCAA DII Prov 6.88	GNAC Auto 7.16	GNAC Prov 7.39
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Wright, Anthony	FR-1	Central Washington	6.89	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 2	Tilley, Alex	SO-2	Western Washington	6.97	SPU Division II Last Chance	02/27/10	02/28/10
 3	Aguilar, Gabe	SO-2	Western Oregon	6.99	UW Indoor Preview	01/16/10	01/17/10
 4	Alexander, Bobby	FR-1	Western Oregon	7.00	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 4	Gruger, Shane	JR-3	Western Washington	7.00	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 6	Mack, Bryan	SO-2	Central Washington	7.01	UW Indoor Preview	01/16/10	01/17/10
 6	Nichols, Kincaid	SO-2	Central Washington	7.01	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 8	Zackery, Anthony	JR-3	Western Washington	7.02	UW Indoor Open 2010	02/14/10	02/14/10
 9	Boyd, Dustin	FR-1	Western Oregon	7.09	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 10	Pearce, Brandon	FR-1	MSU-Billings	7.11(55) @	Montana State Open #2	01/29/10	01/30/10
 11	Thomsen, Justin	FR-1	Western Washington	7.18	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 12	Colby, Cameron	FR-1	Northwest Nazarene	7.19	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 12	DeVaughn, Josh	FR-1	St. Martin's	7.19	UW Indoor Preview	01/16/10	01/17/10
 14	Hope, Maurus	SO-2	Northwest Nazarene	7.20	Boise State Jackson's Open	12/04/09	12/07/09
 15	Sepe, Derek	SO-2	Northwest Nazarene	7.25	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 16	Clendaniel, Tim	SO-2	Western Washington	7.26	UW Invitational	01/29/10	01/30/10
 17	Windall, Tyler	FR-1	Northwest Nazarene	7.29	Boise Team Invitational	02/12/10	02/13/10
 18	Prevost, Adam	FR-1	MSU-Billings	7.32(55) @	CSC Alumni Open	12/12/09	12/14/09
 18	Cho, James	SO-2	Central Washington	7.32	UW Indoor Preview	01/16/10	01/17/10
 20	Gray, Andrew	SO-2	Western Washington	7.33	Idaho Runner's Soul Open	02/06/10	02/06/10
 21	Carr, James	SO-2	Central Washington	7.35	UW Indoor Open 2010	02/14/10	02/14/10
 21	Hill, Dan	JR-3	Northwest Nazarene	7.35	Boise State Jackson's Open	12/04/09	12/07/09
 23	Jones, Rendel	SO-2	Central Washington	7.36	Idaho Runner's Soul Open	02/06/10	02/06/10
 24	Villanueva, Phillip	JR-3	Western Washington	7.38	UW Indoor Open 2010	02/14/10	02/14/10
 25	McDonald, Sean	FR-1	Northwest Nazarene	7.39	Boise Team Invitational	02/12/10	02/13/10
 26	Freeman, Chris	SO-2	Western Oregon	7.40	UW Indoor Preview	01/16/10	01/17/10
 26	Ruether, Chris	FR-1	Western Washington	7.40	UW Indoor Preview	01/16/10	01/17/10
 28	Harrison, Alex	JR-3	Western Washington	7.43	UW Invitational	01/29/10	01/30/10
 29	Kirkpatrick, Connor	FR-1	Northwest Nazarene	7.45	Boise State Jackson's Open	12/04/09	12/07/09
 30	Zwiefelhofer, Eric	FR-4	Northwest Nazarene	7.47	Boise Team Invitational	02/12/10	02/13/10
 31	Heidegger, Ben	SO-2	Northwest Nazarene	7.48	Boise State Jackson's Open	12/04/09	12/07/09
 32	Vallincourt, Noah	JR-3	MSU-Billings	7.50 @	BHSU Winter Open	12/03/09	12/06/09
 33	Barrett, Luke	SR-4	MSU-Billings	7.55(55) @	Montana State Open #2	01/29/10	01/30/10
 34	Johnson, Nate	FR-1	Seattle Pacific	7.57	UW Invitational	01/29/10	01/30/10
 35	Wiest, Cam	SO-2	MSU-Billings	7.62(55) @	CSC Alumni Open	12/12/09	12/14/09
 35	Roddewig, Brandon	FR-1	Central Washington	7.62	Idaho Runner's Soul Open	02/06/10	02/06/10
 37	Lewis, Deshawn	JR-3	MSU-Billings	7.64(55) @	Montana State Open #2	01/29/10	01/30/10
 38	Greene, Tim	JR-3	Northwest Nazarene	7.67	Boise Team Invitational	02/12/10	02/13/10
 39	Ramirez, Hilario	JR-3	Seattle Pacific	7.68	UW Indoor Open 2010	02/14/10	02/14/10
 40	Johnson, Corey	SO-2	Northwest Nazarene	7.70	Boise State Jackson's Open	12/04/09	12/07/09
 41	Humble, Brandon	FR-1	Northwest Nazarene	7.87	Boise State Jackson's Open	12/04/09	12/07/09
 42	Montgomery, Stuart	JR-3	Northwest Nazarene	8.09	Boise State Jackson's Open	12/04/09	12/07/09
 43	Williams, Dorian		MSU-Billings	8.60 @	BHSU Winter Open	12/03/09	12/06/09

60m (Women)

				NCAA DII Auto 7.45	NCAA DII Prov 7.75	GNAC Auto 8.09	GNAC Prov 8.33
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Essien, Latasha	SR-4	Seattle Pacific	7.67	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 2	Houplin, Joana	SO-2	Western Washington	7.88	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 3	Zukowski, Megan	JR-3	Western Washington	7.94	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
 4	Sims, Crystal		Senior Seattle Pacific	8.00	GNAC Indoor Track & Field Championships	02/20/10	02/20/10

	5	Grammer, Melissa	FR-1	Northwest Nazarene	8.02	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	6	Meusec, Lacey	JR-3	Western Oregon	8.07	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	7	Dittmar, Stefani	SR-4	Western Oregon	8.08	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	8	Siler, Ellie	SO-2	Western Washington	8.10	UW Indoor Open 2010	02/14/10	02/14/10
	9	Bailey, Mary	FR-1	Western Oregon	8.16	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	10	Simons, Justine	SO-2	MSU-Billings	8.17(55) @	CSC Alumni Open	12/12/09	12/14/09
	11	Halle, Erika	SO-2	MSU-Billings	8.18	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	11	Quatier, Emily	FR-1	Seattle Pacific	8.18	UW Indoor Open 2010	02/14/10	02/14/10
	13	Peterson, Lisette	SO-2	Seattle Pacific	8.19	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	14	Leonce, Christabel	SO-2	Northwest Nazarene	8.20	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	14	Powers, Carolanne	FR-1	Western Oregon	8.20	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	14	Redberg, McKenzie	FR-1	Western Oregon	8.20	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	17	Miranda, Trinna	FR-1	Seattle Pacific	8.21	UW Indoor Open 2010	02/14/10	02/14/10
	17	Takayoshi, Sarah	FR-1	Central Washington	8.21	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	19	Tidwell, Latoya	JR-3	Northwest Nazarene	8.22	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	20	Derhak, Britney	SR-4	MSU-Billings	8.37(55) @	CSC Alumni Open	12/12/09	12/14/09
	21	Brediger, Christa	SR-4	Northwest Nazarene	8.39	Boise Team Invitational	02/12/10	02/13/10
	21	Weiks, Kaila	FR-1	St. Martin's	8.39	UW Indoor Open 2010	02/14/10	02/14/10
	23	Pieren, Emily	FR-1	Western Oregon	8.41	UW Indoor Open 2010	02/14/10	02/14/10
	24	Reid, Molly	SO-2	Northwest Nazarene	8.43	United Heritage	02/05/10	02/06/10
	25	Bjornsson, Tanya	FR-1	Western Washington	8.48	UW Indoor Open 2010	02/14/10	02/14/10
	26	Jewitt, Jasmyn	FR-1	Northwest Nazarene	8.50	Boise State Jackson's Open	12/04/09	12/07/09
	27	McDonald, Alexandra	FR-1	Western Washington	8.58	UW Indoor Open 2010	02/14/10	02/14/10
	28	Rowland, Shelby	FR-1	Western Washington	8.61	UW Indoor Open 2010	02/14/10	02/14/10
	29	Jones, Stephanie	FR-1	Central Washington	8.62	UW Indoor Open 2010	02/14/10	02/14/10
	30	Case, Jessica	FR-1	Northwest Nazarene	8.67	Boise Team Invitational	02/12/10	02/13/10
	31	Seward, Sharelle	JR-3	Northwest Nazarene	8.77	Boise State Jackson's Open	12/04/09	12/07/09
	32	Tipton, Molly	JR-3	Northwest Nazarene	8.84	Boise Team Invitational	02/12/10	02/13/10
	33	Ciaccio, Amy	JR-3	Northwest Nazarene	8.85	United Heritage	02/05/10	02/06/10
	34	Bickford, Danielle	JR-3	Northwest Nazarene	8.86	Boise State Jackson's Open	12/04/09	12/07/09
	35	Anderson, Angela	SO-2	St. Martin's	9.06	UW Indoor Open 2010	02/14/10	02/14/10
	36	Hull, Samantha	FR-1	St. Martin's	9.08	UW Indoor Open 2010	02/14/10	02/14/10

200m (Men)

NCAA DII Auto 21.40

NCAA DII Prov 21.80

GNAC Auto 22.76

GNAC Prov 23.32

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
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	1	Hope, Maurus	SO-2	Northwest Nazarene	22.13	Boise State Jackson's Open	12/04/09	12/07/09
	2	Nichols, Kincaid	SO-2	Central Washington	22.22	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	3	Tilley, Alex	SO-2	Western Washington	22.28	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	4	Yakovich, Anthony	FR-1	Western Oregon	22.37	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	5	Wright, Anthony	FR-1	Central Washington	22.43	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	6	Mott, Ashtin	JR-3	Western Oregon	22.53	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	7	Boyd, Dustin	FR-1	Western Oregon	22.54	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	8	DeVaughn, Josh	FR-1	St. Martin's	22.57	Bronco Invitational	01/30/10	01/30/10
	9	Gruger, Shane	JR-3	Western Washington	22.63	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	10	Pearce, Brandon	FR-1	MSU-Billings	22.65	Mountain States Games	02/05/10	02/08/10
	11	Zackery, Anthony	JR-3	Western Washington	22.67	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	12	Morrison, Scott	FR-1	Central Washington	22.72 #	UW Indoor Open 2010	02/14/10	02/14/10
	12	Moore, Josh	FR-1	Western Oregon	22.72	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	14	Kaino, Matt	FR-1	Western Oregon	22.77	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	15	Diede, Nathan	JR-3	MSU-Billings	23.02	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	16	Hill, Dan	JR-3	Northwest Nazarene	23.10	Boise State Jackson's Open	12/04/09	12/07/09
	17	Sepe, Derek	SO-2	Northwest Nazarene	23.12	Boise Team Invitational	02/12/10	02/13/10
	18	David, Toby	JR-3	Western Washington	23.31 #	UW Indoor Open 2010	02/14/10	02/14/10
	19	Grounds, Micah	JR-3	Seattle Pacific	23.35	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	20	Gray, Andrew	SO-2	Western Washington	23.42 #	Idaho Runner's Soul Open	02/06/10	02/06/10
	20	Colby, Cameron	FR-1	Northwest Nazarene	23.42	United Heritage	02/05/10	02/06/10
	22	Darling, Logan	FR-1	Western Washington	23.43 #	UW Indoor Open 2010	02/14/10	02/14/10
	23	Hogan, Anthony	FR-1	Central Washington	23.53 #	UW Indoor Preview	01/16/10	01/17/10
	24	Mack, Bryan	SO-2	Central Washington	23.58 #	UW Indoor Preview	01/16/10	01/17/10
	25	Fremd, Kyle	FR-1	Central Washington	23.64 #	Idaho Runner's Soul Open	02/06/10	02/06/10
	26	Thomsen, Justin	FR-1	Western Washington	23.67 #	UW Indoor Open 2010	02/14/10	02/14/10
	27	Zwiefelhofer, Eric	SR-4	Northwest Nazarene	23.79	Boise Team Invitational	02/12/10	02/13/10
	28	Grudzinski, Levi	FR-1	Western Washington	23.84 #	UW Indoor Open 2010	02/14/10	02/14/10
	28	O'Connell, Shane	SO-2	Western Oregon	23.84 #	UW Indoor Open 2010	02/14/10	02/14/10
	28	Kirkpatrick, Connor	FR-1	Northwest Nazarene	23.84	Boise State Jackson's Open	12/04/09	12/07/09
	31	Villanueva, Phillip	JR-3	Western Washington	24.06 #	UW Indoor Open 2010	02/14/10	02/14/10
	32	Snyder, Maxx	JR-3	Western Washington	24.10 #	UW Indoor Open 2010	02/14/10	02/14/10

33	Prevost, Adam	FR-1	MSU-Billings	24.12 #	CSC Alumni Open	12/12/09	12/14/09
34	Mowery, Tim	FR-1	Western Oregon	24.15 #	Portland Indoor	02/07/10	02/08/10
35	Ruether, Chris	FR-1	Western Washington	24.17 #	UW Indoor Preview	01/16/10	01/17/10
36	Harris, Darnell	SO-2	Central Washington	24.30 #	UW Indoor Preview	01/16/10	01/17/10
37	McKiever, Marquis	FR-1	Central Washington	24.34 #	Idaho Runner's Soul Open	02/06/10	02/06/10
38	Barrett, Luke	SR-4	MSU-Billings	24.45 #	CSC Alumni Open	12/12/09	12/14/09
39	Johnson, Corey	SO-2	Northwest Nazarene	24.56	Boise State Jackson's Open	12/04/09	12/07/09
40	Humble, Brandon	FR-1	Northwest Nazarene	24.58	Boise State Jackson's Open	12/04/09	12/07/09
41	Greene, Tim	JR-3	Northwest Nazarene	24.61	Bronco Invitational	01/30/10	01/30/10
42	Derwin, Jace	SR-4	Seattle Pacific	24.65 #	UW Indoor Preview	01/16/10	01/17/10
43	Wiest, Cam	SO-2	MSU-Billings	24.72 #	Air Force Indoor Invitational	02/12/10	02/14/10
44	Ramirez, Hilario	JR-3	Seattle Pacific	24.79 #	UW Indoor Open 2010	02/14/10	02/14/10
45	Lewis, Deshawn	JR-3	MSU-Billings	25.18	Montana State Open #1	01/22/10	01/23/10
46	Dye, Alex	SR-4	Western Washington	25.31 #	UW Indoor Open 2010	02/14/10	02/14/10
47	Montgomery, Stuart	JR-3	Northwest Nazarene	25.60	Bronco Invitational	01/30/10	01/30/10
48	Williams, Dorian		MSU-Billings	25.85 #	BHSU Winter Open	12/03/09	12/06/09
49	Gordon, Dylan	FR-1	Western Washington	26.98 #	Idaho Runner's Soul Open	02/06/10	02/06/10

200m (Women)





		NCAA DII Auto 24.35		NCAA DII Prov 25.20		GNAC Auto 25.75		GNAC Prov 26.97	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
	1	Siler, Ellie	SO-2 Western Washington	25.03	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	2	Kathrein, Sarah	FR-1 Western Oregon	25.59	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	3	Zukowski, Megan	JR-3 Western Washington	25.82	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	4	Halle, Erika	SO-2 MSU-Billings	25.83	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	5	Houplin, Joana	SO-2 Western Washington	26.00	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	6	Meusec, Lacey	JR-3 Western Oregon	26.01	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	7	McDowell, Crystal	FR-1 Western Oregon	26.13	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	8	Brownell, Sarah	JR-3 Western Washington	26.14	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	9	Redberg, McKenzie	FR-1 Western Oregon	26.28	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	10	Tidwell, Latoya	JR-3 Northwest Nazarene	26.50	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	11	Dittmar, Stefani	SR-4 Western Oregon	26.52	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	12	Grammer, Melissa	FR-1 Northwest Nazarene	26.56	United Heritage	02/05/10	02/06/10		
	13	Quatier, Emily	FR-1 Seattle Pacific	26.61	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	14	Simons, Justine	SO-2 MSU-Billings	26.66 #	CSC Alumni Open	12/12/09	12/14/09		
	15	Sims, Crystal	Senior Seattle Pacific	26.68 #	UW Indoor Open 2010	02/14/10	02/14/10		
	16	Howe, Michelle	JR-3 Western Washington	26.75 #	UW Indoor Open 2010	02/14/10	02/14/10		
	17	Nobbs, Natalie	SO-2 Seattle Pacific	26.82	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	18	Peterson, Lisette	SO-2 Seattle Pacific	26.86 #	UW Indoor Open 2010	02/14/10	02/14/10		
	19	Powers, Carolanne	FR-1 Western Oregon	26.95 #	UW Indoor Open 2010	02/14/10	02/14/10		
	20	Takayoshi, Sarah	FR-1 Central Washington	27.01	GNAC Indoor Track & Field Championships	02/20/10	02/20/10		
	21	Leonce, Christabel	SO-2 Northwest Nazarene	27.10	Boise Team Invitational	02/12/10	02/13/10		
	22	Pike, Jennifer	JR-3 Seattle Pacific	27.11 #	UW Indoor Open 2010	02/14/10	02/14/10		
	23	Reid, Kaitlyn	JR-3 Western Oregon	27.17 #	UW Indoor Preview	01/16/10	01/17/10		
	24	Brediger, Christa	SR-4 Northwest Nazarene	27.28	Boise Team Invitational	02/12/10	02/13/10		
	25	Derhak, Britney	SR-4 MSU-Billings	27.47 #	CSC Alumni Open	12/12/09	12/14/09		
	26	Pola, Lexi	FR-1 Western Oregon	27.48 #	UW Indoor Open 2010	02/14/10	02/14/10		
	27	Bjornsson, Tanya	FR-1 Western Washington	27.54 #	UW Indoor Open 2010	02/14/10	02/14/10		
	28	Rippy, Shanna	FR-1 Northwest Nazarene	27.62	United Heritage	02/05/10	02/06/10		
	29	Ciaccio, Amy	JR-3 Northwest Nazarene	27.74	United Heritage	02/05/10	02/06/10		
	30	Pieren, Emily	FR-1 Western Oregon	27.77 #	UW Indoor Open 2010	02/14/10	02/14/10		
	31	Weiks, Kaila	FR-1 St. Martin's	27.80 #	UW Indoor Open 2010	02/14/10	02/14/10		
	32	McDonald, Alexandra	FR-1 Western Washington	28.15 #	UW Indoor Open 2010	02/14/10	02/14/10		
	33	Adams, Elissa	FR-1 MSU-Billings	28.25 #	CSC Alumni Open	12/12/09	12/14/09		
	34	Pridgen, Laura	FR-1 Northwest Nazarene	28.73	Boise State Jackson's Open	12/04/09	12/07/09		
	35	Cheng, Kiana	FR-1 Western Washington	28.75 #	UW Indoor Open 2010	02/14/10	02/14/10		
	36	Seward, Sharelle	JR-3 Northwest Nazarene	28.81	Boise State Jackson's Open	12/04/09	12/07/09		
	37	Gross, Katy	FR-1 Seattle Pacific	28.82 #	Portland Indoor	02/07/10	02/08/10		
	38	Lotze, Katharine	FR-1 Central Washington	28.84 #	Idaho Runner's Soul Open	02/06/10	02/06/10		
	39	Hampton, Liz	SO-2 Central Washington	28.92 #	UW Indoor Open 2010	02/14/10	02/14/10		
	40	Jewitt, Jasmyrn	FR-1 Northwest Nazarene	29.04	Bronco Invitational	01/30/10	01/30/10		
	41	Case, Jessica	FR-1 Northwest Nazarene	29.06	Boise Team Invitational	02/12/10	02/13/10		
	42	Tipton, Molly	JR-3 Northwest Nazarene	29.51	Boise Team Invitational	02/12/10	02/13/10		
	43	Bickford, Danielle	JR-3 Northwest Nazarene	29.71	United Heritage	02/05/10	02/06/10		
	44	Chamberlain, Karie	FR-1 Seattle Pacific	30.77 #	UW Indoor Open 2010	02/14/10	02/14/10		

400m (Men)

		NCAA DII Auto 47.60		NCAA DII Prov 48.85		GNAC Auto 50.37		GNAC Prov 51.74	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		

	1	Kaino, Matt	FR-1	Western Oregon	49.17	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	2	Hope, Maurus	SO-2	Northwest Nazarene	49.25	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	3	Morrison, Scott	FR-1	Central Washington	49.33	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	4	Mott, Ashtin	JR-3	Western Oregon	49.35	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	5	Yakovich, Anthony	FR-1	Western Oregon	50.05	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	6	Moore, Josh	FR-1	Western Oregon	50.25	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	7	Loscutt, Andy	JR-3	Western Oregon	50.31	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	8	Darling, Logan	FR-1	Western Washington	50.46	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	9	Hill, Dan	JR-3	Northwest Nazarene	50.50	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	10	David, Toby	JR-3	Western Washington	50.51	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	11	O'Connell, Matt	JR-3	Western Washington	50.56	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	12	O'Connell, Shane	SO-2	Western Oregon	51.03	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	13	Diede, Nathan	JR-3	MSU-Billings	51.29	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	14	Mossey, Logan	FR-1	MSU-Billings	51.31 #	Air Force Indoor Invitational	02/12/10	02/14/10
	15	Pearce, Brandon	FR-1	MSU-Billings	51.48	Mountain States Games	02/05/10	02/08/10
	16	Fremd, Kyle	FR-1	Central Washington	51.70 #	UW Indoor Open 2010	02/14/10	02/14/10
	17	Grudzinski, Levi	FR-1	Western Washington	51.90 #	UW Indoor Open 2010	02/14/10	02/14/10
	18	Sepe, Derek	SO-2	Northwest Nazarene	51.95	United Heritage	02/05/10	02/06/10
	19	Endresen, Ryan	FR-1	Seattle Pacific	51.96 #	UW Indoor Open 2010	02/14/10	02/14/10
	20	Villanueva, Phillip	JR-3	Western Washington	52.74 #	UW Indoor Open 2010	02/14/10	02/14/10
	21	Grounds, Micah	JR-3	Seattle Pacific	52.75 #	UW Indoor Preview	01/16/10	01/17/10
	22	Mowery, Tim	FR-1	Western Oregon	52.82 #	Portland Indoor	02/07/10	02/08/10
	23	McKiever, Marquis	FR-1	Central Washington	53.09 #	UW Indoor Open 2010	02/14/10	02/14/10
	24	Dodge, Travis	SO-2	St. Martin's	53.25 #	UW Indoor Open 2010	02/14/10	02/14/10
	25	Christor, Reggie	SO-2	Western Washington	53.39 #	UW Indoor Preview	01/16/10	01/17/10
	26	Grossaint, Cameron	FR-1	St. Martin's	53.92 #	UW Indoor Open 2010	02/14/10	02/14/10
	26	Webb, Abe	JR-3	Western Oregon	53.92 #	Portland Indoor	02/07/10	02/08/10
	28	Derwin, Jace	SR-4	Seattle Pacific	53.98 #	UW Indoor Preview	01/16/10	01/17/10
	29	Johnson, Nate	FR-1	Seattle Pacific	54.20 #	Portland Indoor	02/07/10	02/08/10
	30	Steiglitz, Tim	FR-1	Northwest Nazarene	54.28	Boise Team Invitational	02/12/10	02/13/10
	31	Humble, Brandon	FR-1	Northwest Nazarene	54.93	Boise Team Invitational	02/12/10	02/13/10
	32	Lewis, Deshawn	JR-3	MSU-Billings	55.19 #	Air Force Indoor Invitational	02/12/10	02/14/10
	33	Flaherty, Connor	SR-4	St. Martin's	55.23 #	UW Indoor Open 2010	02/14/10	02/14/10
	34	Ngeno, Benard	SO-2	Northwest Nazarene	55.32	Boise State Jackson's Open	12/04/09	12/07/09
	35	Greene, Tim	JR-3	Northwest Nazarene	56.45	United Heritage	02/05/10	02/06/10
	36	Hildebrand, Michael	SO-2	MSU-Billings	56.61 #	CSC Alumni Open	12/12/09	12/14/09
	37	Montgomery, Stuart	JR-3	Northwest Nazarene	57.02	United Heritage	02/05/10	02/06/10
	38	Martinez, Branden	SO-2	MSU-Billings	58.07	Montana State Open #2	01/29/10	01/30/10
	39	Wiest, Cam	SO-2	MSU-Billings	1:01.85 #	BHSU Winter Open	12/03/09	12/06/09

400m (Women)

		NCAA DII Auto 55.70		NCAA DII Prov 57.60		GNAC Auto 58.58		GNAC Prov 1:01.80	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
	1	Siler, Ellie	SO-2	Western Washington	56.92 #	UW Invitational	01/29/10	01/30/10	
	2	Brownell, Sarah	JR-3	Western Washington	57.92	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	3	Kathrein, Sarah	FR-1	Western Oregon	58.84	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	4	Pike, Jenifer	JR-3	Seattle Pacific	58.93	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	5	O'Connell, Megan	JR-3	Western Washington	59.07	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	6	McDowell, Crystal	FR-1	Western Oregon	59.21	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	7	Reid, Kaitlyn	JR-3	Western Oregon	59.53	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	8	Howe, Michelle	JR-3	Western Washington	59.54	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	9	Quatier, Emily	FR-1	Seattle Pacific	59.71	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	10	Pola, Lexi	FR-1	Western Oregon	59.78	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	11	Decker, Elisa	JR-3	Northwest Nazarene	1:00.37	Boise State Jackson's Open	12/04/09	12/07/09	
	12	Halle, Erika	SO-2	MSU-Billings	1:00.79	Mountain States Games	02/05/10	02/08/10	
	13	Rippy, Shanna	FR-1	Northwest Nazarene	1:01.18	Boise Team Invitational	02/12/10	02/13/10	
	14	Sims, Crystal	Senior	Seattle Pacific	1:01.23 #	UW Indoor Open 2010	02/14/10	02/14/10	
	15	Butcher, Meryl	SO-2	Western Oregon	1:02.12 #	Portland Indoor	02/07/10	02/08/10	
	16	Simons, Justine	SO-2	MSU-Billings	1:02.46	Mountain States Games	02/05/10	02/08/10	
	17	Lewis, Kira	FR-1	Seattle Pacific	1:02.97 #	UW Indoor Open 2010	02/14/10	02/14/10	
	18	Ciaccio, Amy	JR-3	Northwest Nazarene	1:03.01	United Heritage	02/05/10	02/06/10	
	19	Nobbs, Natalie	SO-2	Seattle Pacific	1:03.40 #	UW Indoor Preview	01/16/10	01/17/10	
	20	Peterson, Lisette	SO-2	Seattle Pacific	1:03.72 #	UW Indoor Open 2010	02/14/10	02/14/10	
	21	Tidwell, Latoya	JR-3	Northwest Nazarene	1:03.82	United Heritage	02/05/10	02/06/10	
	22	Grammer, Melissa	FR-1	Northwest Nazarene	1:04.02	United Heritage	02/05/10	02/06/10	
	23	Nelson, Erica	FR-1	Western Oregon	1:05.04 #	Portland Indoor	02/07/10	02/08/10	
	24	Brediger, Christa	SR-4	Northwest Nazarene	1:05.28	United Heritage	02/05/10	02/06/10	
	25	Layne, Chelsea	FR-1	Northwest Nazarene	1:05.85	Bronco Invitational	01/30/10	01/30/10	

26	Pridgen, Laura	FR-1	Northwest Nazarene	1:05.90	United Heritage	02/05/10	02/06/10
27	Wilkins, Kayla	SO-2	Seattle Pacific	1:06.02 #	Portland Indoor	02/07/10	02/08/10
28	McGurran, Sarah	FR-1	MSU-Billings	1:07.14 HT #	CSC Alumni Open	12/12/09	12/14/09
29	Chamberlain, Karie	FR-1	Seattle Pacific	1:10.16 #	Portland Indoor	02/07/10	02/08/10

800m (Men)

NCAA DII Auto 1:52.00

NCAA DII Prov 1:54.00

GNAC Auto 1:57.86

GNAC Prov 2:01.86

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Schmidt, Mike	SR-4	Western Oregon	1:53.45 #	SPU Division II Last Chance	02/27/10	02/28/10
2	Kasler, Connor	FR-1	Western Oregon	1:54.35 #	SPU Division II Last Chance	02/27/10	02/28/10
3	Seeley, Nathan	FR-1	Seattle Pacific	1:54.86	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
4	Stark, Matt	SO-2	Northwest Nazarene	1:55.92	Boise Team Invitational	02/12/10	02/13/10
5	Meis, Chad	SR-4	Seattle Pacific	1:56.18 #	UW Indoor Open 2010	02/14/10	02/14/10
6	O'Brien, Carson	SR-4	Western Oregon	1:56.95	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
7	Webb, Justin	FR-1	Northwest Nazarene	1:57.16	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
8	Brown, Michael	SO-2	Western Oregon	1:57.96 #	UW Husky Classic	02/12/10	02/14/10
9	Tomsich, Anthony	SR-4	Western Washington	1:58.02	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
10	Vanderby, Tyson	SO-2	MSU-Billings	1:58.05 # @	Air Force Indoor Invitational	02/12/10	02/14/10
11	Sleight, Nathanael	SO-2	Seattle Pacific	1:58.14	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
12	Abraham, Nick	SO-2	Western Washington	1:58.56	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
13	Patti, Joseph	FR-1	St. Martin's	1:58.59	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
14	Maunu, Toby	FR-1	Western Oregon	1:58.60	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
15	Long, Jeff	SR-4	Western Oregon	1:58.81	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
16	Larson, Kyle	JR-3	Western Oregon	1:59.69 #	UW Indoor Preview	01/16/10	01/17/10
17	Chapman, Ryan	FR-1	Western Oregon	1:59.79 #	UW Indoor Preview	01/16/10	01/17/10
18	Massari, Zach	SO-2	Western Oregon	2:00.65 #	UW Indoor Open 2010	02/14/10	02/14/10
19	Lara, Ryan	SO-2	Central Washington	2:01.00 #	Idaho Runner's Soul Open	02/06/10	02/06/10
20	Ngeno, Benard	SO-2	Northwest Nazarene	2:01.08	Boise Team Invitational	02/12/10	02/13/10
21	McCrary, Matt	SO-2	Western Oregon	2:01.40 #	Portland Indoor	02/07/10	02/08/10
22	Mossey, Logan	FR-1	MSU-Billings	2:02.10 # @	Air Force Indoor Invitational	02/12/10	02/14/10
23	Ferraris, Dominic	FR-1	Western Oregon	2:03.34 #	Portland Indoor	02/07/10	02/08/10
24	Merioles, Josh	SO-2	Northwest Nazarene	2:04.36	Bronco Invitational	01/30/10	01/30/10
25	Johnson, Kyle	SO-2	Western Washington	2:04.55 #	UW Indoor Open 2010	02/14/10	02/14/10
26	Shuler, Tucker	SO-2	MSU-Billings	2:04.71 # @	Air Force Indoor Invitational	02/12/10	02/14/10
27	Hetrick, Hank	SR-4	Northwest Nazarene	2:04.75	Boise Team Invitational	02/12/10	02/13/10
28	Boyd, Tanner	FR-1	Western Washington	2:05.16 #	UW Indoor Open 2010	02/14/10	02/14/10
29	Peters, Travis	FR-1	Western Washington	2:05.69 #	UW Indoor Open 2010	02/14/10	02/14/10
30	Jackson, Chip	FR-1	Western Washington	2:05.85 #	UW Indoor Open 2010	02/14/10	02/14/10
31	Easter, Neil	SO-2	Northwest Nazarene	2:07.66	Boise Team Invitational	02/12/10	02/13/10
32	Coniff, Andrew	FR-1	Western Washington	2:08.52 #	UW Indoor Open 2010	02/14/10	02/14/10
33	Swanson, Jon	FR-1	Central Washington	2:09.07 #	Idaho Runner's Soul Open	02/06/10	02/06/10
34	Hetrick, Luke	SO-2	Northwest Nazarene	2:09.76	Boise Team Invitational	02/12/10	02/13/10
35	Buttelman, Travis	FR-1	MSU-Billings	2:10.77 # @	CSC Alumni Open	12/12/09	12/14/09
36	Reynolds, Caleb	JR-3	Northwest Nazarene	2:10.97	Bronco Invitational	01/30/10	01/30/10
37	Canfield, Taylor	SO-2	MSU-Billings	2:11.77 # @	CSC Alumni Open	12/12/09	12/14/09
38	Blomback, Ryan	FR-1	MSU-Billings	2:13.77 # @	CSC Alumni Open	12/12/09	12/14/09
39	Hastings, Jake	FR-1	Central Washington	2:17.10 #	Idaho Runner's Soul Open	02/06/10	02/06/10

800m (Women)

NCAA DII Auto 2:11.70

NCAA DII Prov 2:16.20

GNAC Auto 2:17.31

GNAC Prov 2:23.80


RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Pixler, Jessica	SR-4	Seattle Pacific	2:08.28	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
2	Applebee, Annan	JR-3	Western Oregon	2:11.53 #	UW Invitational	01/29/10	01/30/10
3	Anderberg, Lisa	SR-4	Seattle Pacific	2:12.81 #	SPU Division II Last Chance	02/27/10	02/28/10
3	Larson, Jane	SR-4	Seattle Pacific	2:12.81 #	UW Husky Classic	02/12/10	02/14/10
5	Puga, Jaclyn	JR-3	Northwest Nazarene	2:14.99	Boise Team Invitational	02/12/10	02/13/10
6	Everetts, Janelle	SO-2	Western Oregon	2:15.03	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
7	Phillips, Michelle	SR-4	Northwest Nazarene	2:15.49	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
8	Harwood, Christine	FR-1	Northwest Nazarene	2:15.87	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
9	Johnson, Rachael	JR-3	Western Washington	2:17.60	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
10	Snawder, Erika	JR-3	Western Oregon	2:20.22 #	UW Indoor Open 2010	02/14/10	02/14/10
11	Skordahl, Zoe	SO-2	Western Oregon	2:20.32	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
12	Brown, Kelsey	FR-1	Seattle Pacific	2:20.94 #	SPU Division II Last Chance	02/27/10	02/28/10
13	O'Connell, Megan	JR-3	Western Washington	2:21.06 #	UW Indoor Preview	01/16/10	01/17/10
14	Laweryson, Annie	JR-3	St. Martin's	2:21.43 #	UW Indoor Preview	01/16/10	01/17/10

	15	Watson, Cheri	JR-3	Western Washington	2:21.75	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	16	Butcher, Meryl	SO-2	Western Oregon	2:22.62 #	UW Indoor Open 2010	02/14/10	02/14/10
	17	Zambon, Erica	SR-4	Western Oregon	2:22.81	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	18	Ikeda, Haida	FR-1	Western Washington	2:24.81 #	UW Indoor Open 2010	02/14/10	02/14/10
	19	Pike, Jenifer	JR-3	Seattle Pacific	2:26.59 #	UW Invitational	01/29/10	01/30/10
	20	Kreft, Kelsey	SO-2	Central Washington	2:28.78 #	UW Indoor Open 2010	02/14/10	02/14/10
	21	Layne, Chelsea	FR-1	Northwest Nazarene	2:29.93	Boise Team Invitational	02/12/10	02/13/10
	22	Swenson, Meagan	FR-1	Northwest Nazarene	2:29.96	United Heritage	02/05/10	02/06/10
	23	Alvarez, Athena	FR-1	Seattle Pacific	2:30.56 #	Portland Indoor	02/07/10	02/08/10
	24	Nelson, Erica	FR-1	Western Oregon	2:31.71 #	UW Indoor Open 2010	02/14/10	02/14/10
	25	Wilkins, Kayla	SO-2	Seattle Pacific	2:32.07 #	UW Indoor Open 2010	02/14/10	02/14/10
	26	Owen, Karissa	JR-3	St. Martin's	2:33.35 #	UW Indoor Open 2010	02/14/10	02/14/10
	27	Aanstad, Brittany	JR-3	Seattle Pacific	2:33.51 #	UW Invitational	01/29/10	01/30/10
	28	Sims, Chrystal	JR-3	Seattle Pacific	2:34.93 #	UW Invitational	01/29/10	01/30/10
	29	Bennett, Jill	SO-2	Northwest Nazarene	2:35.06	Boise State Jackson's Open	12/04/09	12/07/09
	30	Mickelsen, Whitney	SO-2	MSU-Billings	2:35.99 @	Mountain States Games	02/05/10	02/08/10
	31	McLam, Beth	JR-3	Northwest Nazarene	2:37.07	Boise Team Invitational	02/12/10	02/13/10
	32	Thiel, Katie	JR-3	MSU-Billings	2:38.83 @	Mountain States Games	02/05/10	02/08/10
	33	Owen, Mary	FR-1	MSU-Billings	2:40.44 # @	CSC Alumni Open	12/12/09	12/14/09
	34	Vonarx, Laura	SR-4	Northwest Nazarene	2:42.60	Boise State Jackson's Open	12/04/09	12/07/09
	35	Halle, Erika	SO-2	Montana State-Billings	2:43.84 # @	Montana State Multis	01/12/10	01/12/10
	36	Seidler, Mary	SR-4	Central Washington	2:56.13 #	Idaho Runner's Soul Open	02/06/10	02/06/10

1 Mile (Men)

		NCAA DII Auto 4:09.00		NCAA DII Prov 4:13.70		GNAC Auto 4:22.91		GNAC Prov 4:30.84	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE	SUBMITTED	
	1	Tomsich, Anthony	SR-4	Western Washington	4:07.46 #	UW Husky Classic	02/12/10	02/14/10	
	2	Reed, Chris	JR-3	Western Oregon	4:10.57 #	SPU Division II Last Chance	02/27/10	02/28/10	
	3	Long, Jeff	SR-4	Western Oregon	4:10.60 #	SPU Division II Last Chance	02/27/10	02/28/10	
	4	Meis, Chad	SR-4	Seattle Pacific	4:11.79 #	UW Indoor Preview	01/16/10	01/17/10	
	5	Watson, Barak	FR-1	Northwest Nazarene	4:15.44	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	6	Grimes, Bennett	JR-3	Western Washington	4:15.78	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	7	Welling, Jordan	JR-3	Western Washington	4:16.40 #	UW Indoor Preview	01/16/10	01/17/10	
	8	Kasler, Connor	FR-1	Western Oregon	4:16.51	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	9	Van Santen, Kyle	SO-2	St. Martin's	4:20.17 #	UW Indoor Preview	01/16/10	01/17/10	
	10	Larson, Kyle	JR-3	Western Oregon	4:21.11 #	UW Husky Classic	02/12/10	02/14/10	
	11	Medhaug, Blake	JR-3	Western Washington	4:22.40 #	UW Indoor Preview	01/16/10	01/17/10	
	12	Wahlenmaier, Jacob	JR-3	Seattle Pacific	4:22.87 #	UW Indoor Preview	01/16/10	01/17/10	
	13	Sprinkle, Dan	SO-2	Western Oregon	4:22.97	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	14	Patti, Joseph	FR-1	St. Martin's	4:23.80 #	UW Indoor Preview	01/16/10	01/17/10	
	15	Jackson, Chip	FR-1	Western Washington	4:26.11 #	UW Indoor Open 2010	02/14/10	02/14/10	
	16	Hunt, Spencer	SO-2	St. Martin's	4:26.64 #	UW Indoor Preview	01/16/10	01/17/10	
	17	Baker, AJ	FR-1	Seattle Pacific	4:26.99 #	UW Indoor Open 2010	02/14/10	02/14/10	
	18	Johnson, Kyle	SO-2	Western Washington	4:28.03 #	UW Indoor Open 2010	02/14/10	02/14/10	
	19	Abraham, Nick	SO-2	Western Washington	4:28.43 #	UW Indoor Preview	01/16/10	01/17/10	
	20	Boyd, Tanner	FR-1	Western Washington	4:29.75 #	UW Indoor Open 2010	02/14/10	02/14/10	
	21	Webb, Justin	FR-1	Northwest Nazarene	4:32.64	Boise Team Invitational	02/12/10	02/13/10	
	22	Lance, Jordan	JR-3	Seattle Pacific	4:33.56 #	UW Indoor Open 2010	02/14/10	02/14/10	
	23	Van Ness, Andrew	FR-1	Seattle Pacific	4:34.10 #	UW Indoor Open 2010	02/14/10	02/14/10	
	24	Sleight, Nathanael	SO-2	Seattle Pacific	4:35.96 #	Portland Indoor	02/07/10	02/08/10	
	25	McLeod, Ian	FR-1	Western Washington	4:36.89 #	UW Indoor Open 2010	02/14/10	02/14/10	
	26	Vanderby, Tyson	SO-2	MSU-Billings	4:38.22 # @	BHSU Winter Open	12/03/09	12/06/09	
	27	Armstrong, Graham	FR-1	Western Washington	4:38.69 #	UW Indoor Preview	01/16/10	01/17/10	
	28	Baggenstos, Jesse	FR-1	Northwest Nazarene	4:38.86	United Heritage	02/05/10	02/06/10	
	29	Hetrick, Luke	SO-2	Northwest Nazarene	4:39.46	Boise Team Invitational	02/12/10	02/13/10	
	30	Rankin, Matt	FR-1	Northwest Nazarene	4:40.87	United Heritage	02/05/10	02/06/10	
	31	Blomback, Ryan	FR-1	MSU-Billings	4:43.93 @	Mountain States Games	02/05/10	02/08/10	
	32	Parker, Caleb	FR-1	Seattle Pacific	4:44.74 #	UW Indoor Open 2010	02/14/10	02/14/10	
	33	Easter, Neil	SO-2	Northwest Nazarene	4:45.54	Boise Team Invitational	02/12/10	02/13/10	
	34	Canfield, Taylor	SO-2	MSU-Billings	4:46.11 # @	CSC Alumni Open	12/12/09	12/14/09	
	35	Shuler, Tucker	SO-2	MSU-Billings	4:56.32 @	Montana State Open #2	01/29/10	01/30/10	
	36	Buttelman, Travis	FR-1	MSU-Billings	4:56.55 # @	CSC Alumni Open	12/12/09	12/14/09	
	37	Hastings, Jake	FR-1	Central Washington	4:57.02 #	Idaho Runner's Soul Open	02/06/10	02/06/10	

1 Mile (Women)








		NCAA DII Auto 4:54.40		NCAA DII Prov 5:04.38		GNAC Auto 5:07.44		GNAC Prov 5:25.73	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE	SUBMITTED	
	1	Pixler, Jessica	SR-4	Seattle Pacific	4:32.88 #	UW Husky Classic	02/12/10	02/14/10	

		2	Larson, Jane	SR-4	Seattle Pacific	4:44.18 @	NCAA Division II Indoor Championships	03/12/10	03/13/10
		3	Olsen, Courtney	SR-4	Western Washington	4:56.85 #	UW Indoor Open 2010	02/14/10	02/14/10
		4	Porter, Sarah	JR-3	Western Washington	4:57.69 #	UW Invitational	01/29/10	01/30/10
		5	Harline, Kate	SR-4	Seattle Pacific	4:58.49 #	SPU Division II Last Chance	02/27/10	02/28/10
		6	Breihof, Lauren	JR-3	Western Washington	5:07.05 #	UW Indoor Open 2010	02/14/10	02/14/10
		7	Phillips, Michelle	SR-4	Northwest Nazarene	5:10.64	Boise Team Invitational	02/12/10	02/13/10
		8	Powell, Jordan	FR-1	Northwest Nazarene	5:11.82	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
		9	Snawder, Erika	JR-3	Western Oregon	5:12.78 #	Portland Indoor	02/07/10	02/08/10
		10	Johnson, Rachael	JR-3	Western Washington	5:14.11 #	UW Indoor Open 2010	02/14/10	02/14/10
		11	Mickelsen, Whitney	SO-2	MSU-Billings	5:18.14	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
		12	Morrison, Tricia	JR-3	Western Oregon	5:18.56 #	Portland Indoor	02/07/10	02/08/10
		13	Anderberg, Lisa	SR-4	Seattle Pacific	5:18.69 #	Portland Indoor	02/07/10	02/08/10
		14	Boyer, Jessica	SO-2	Western Washington	5:19.36	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
		15	Everetts, Janelle	SO-2	Western Oregon	5:20.68 #	UW Indoor Open 2010	02/14/10	02/14/10
		16	Zambon, Erica	SR-4	Western Oregon	5:23.92 #	Portland Indoor	02/07/10	02/08/10
		17	Carlson, Krinda	SR-4	St. Martin's	5:25.13 #	UW Indoor Open 2010	02/14/10	02/14/10
		18	Thiel, Katie	JR-3	MSU-Billings	5:26.00 @	Montana State Open #2	01/29/10	01/30/10
		19	Slaughter, Danielle	JR-3	Western Washington	5:28.24 #	UW Indoor Open 2010	02/14/10	02/14/10
		20	Ujifusa, Maria	FR-1	Western Washington	5:29.20 #	UW Indoor Preview	01/16/10	01/17/10
		21	Skordahl, Zoe	SO-2	Western Oregon	5:29.94 #	Portland Indoor	02/07/10	02/08/10
		22	McKillip, Lyndsey	SR-4	Western Oregon	5:33.94 #	Portland Indoor	02/07/10	02/08/10
		23	Rendahl, Ashley	JR-3	Northwest Nazarene	5:38.66	United Heritage	02/05/10	02/06/10
		24	Ler, Mykel	JR-3	MSU-Billings	5:42.18 @	Mountain States Games	02/05/10	02/08/10
		25	Owen, Mary	FR-1	MSU-Billings	5:44.55 # @	CSC Alumni Open	12/12/09	12/14/09
		26	Kreft, Kelsey	SO-2	Central Washington	5:48.71 #	Idaho Runner's Soul Open	02/06/10	02/06/10
		27	Hill, Sam	FR-1	Northwest Nazarene	6:04.85	Boise Team Invitational	02/12/10	02/13/10

3,000m (Men)

GNAC Auto 8:59.88

GNAC Prov 9:15.73

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED	
 	1	Tomsich, Anthony	SR-4	Western Washington	8:16.85	UW Invitational	01/29/10	01/30/10
 	2	Medhaug, Blake	JR-3	Western Washington	8:35.13	UW Invitational	01/29/10	01/30/10
 	3	Brill, Eric	JR-3	Western Washington	8:35.19	UW Indoor Open 2010	02/14/10	02/14/10
 	4	Watson, Barak	FR-1	Northwest Nazarene	8:36.99	Bronco Invitational	01/30/10	01/30/10
 	5	Kubitz, Greg	SR-4	Western Washington	8:37.08	UW Indoor Open 2010	02/14/10	02/14/10
 	6	McCrary, Matt	SO-2	Western Oregon	8:46.64	UW Indoor Preview	01/16/10	01/17/10
 	7	Hunt, Spencer	SO-2	St. Martin's	8:47.36	UW Indoor Open 2010	02/14/10	02/14/10
 	8	Gray, Kyle	SR-4	Northwest Nazarene	8:58.09	Boise State Jackson's Open	12/04/09	12/07/09
 	9	Snook, Brandon	SR-4	Western Oregon	8:59.16	UW Indoor Preview	01/16/10	01/17/10
	10	Holt, Luke	FR-1	Western Oregon	9:01.01	UW Indoor Preview	01/16/10	01/17/10
	11	Peterson, Dylan	FR-1	Western Washington	9:05.05	UW Indoor Open 2010	02/14/10	02/14/10
	12	Baggenstos, Jesse	FR-1	Northwest Nazarene	9:07.82	Boise Team Invitational	02/12/10	02/13/10
	13	Karr, Justin	JR-3	Western Oregon	9:08.34	UW Indoor Preview	01/16/10	01/17/10
	14	Harvey, Nicholas	JR-3	St. Martin's	9:16.60	UW Indoor Open 2010	02/14/10	02/14/10
	15	Rankin, Matt	FR-1	Northwest Nazarene	9:23.56	United Heritage	02/05/10	02/06/10
	16	Caffrey, Noah	SO-2	St. Martin's	9:23.61	UW Indoor Open 2010	02/14/10	02/14/10
	17	Canfield, Taylor	SO-2	MSU-Billings	9:24.52	Mountain States Games	02/05/10	02/08/10
	18	Bauer, Scott	FR-1	St. Martin's	9:26.70	UW Indoor Open 2010	02/14/10	02/14/10
	19	Schmidt, Otto	Freshman	Western Washington	9:31.46	UW Indoor Open 2010	02/14/10	02/14/10
	20	Harrison, Will	FR-1	Seattle Pacific	9:37.71	Portland Indoor	02/07/10	02/08/10
	21	Blomback, Ryan	FR-1	MSU-Billings	9:43.80	Montana State Open #2	01/29/10	01/30/10
	22	Bolt, Mark	JR-3	MSU-Billings	9:46.73	Mountain States Games	02/05/10	02/08/10
	23	Crystal, Alex	SO-2	Northwest Nazarene	9:46.81	Boise Team Invitational	02/12/10	02/13/10
	24	Lovell, Joe	FR-1	Northwest Nazarene	9:48.06	Boise State Jackson's Open	12/04/09	12/07/09
	25	Buttelman, Travis	FR-1	MSU-Billings	9:48.42	Montana State Open #2	01/29/10	01/30/10
	26	Lopez, Derek	SO-2	Western Oregon	10:09.93	Portland Indoor	02/07/10	02/08/10

3,000m (Women)




GNAC Auto 10:45.30

GNAC Prov 11:19.30

		GNAC Auto 10-45:00		GNAC Flyer 11-15:00				
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED	
 	1	Porter, Sarah	JR-3	Western Washington	9:44.31	UW Indoor Preview	01/16/10	01/17/10
 	2	Breihof, Lauren	JR-3	Western Washington	10:12.28	UW Indoor Preview	01/16/10	01/17/10
 	3	Olsen, Courtney	SR-4	Western Washington	10:20.07	UW Indoor Preview	01/16/10	01/17/10
 	4	Powell, Jordan	FR-1	Northwest Nazarene	10:24.45	Boise Team Invitational	02/12/10	02/13/10
 	5	Plunkett, Natty	SO-2	Seattle Pacific	10:27.93	Portland Indoor	02/07/10	02/08/10

	6	Boyer, Jessica	SO-2	Western Washington	10:30.50	UW Indoor Open 2010	02/14/10	02/14/10
	7	Johnson, Rachael	JR-3	Western Washington	10:32.14	UW Indoor Preview	01/16/10	01/17/10
	8	Slaughter, Danielle	JR-3	Western Washington	10:40.05	UW Indoor Preview	01/16/10	01/17/10
	9	Moore, Kirsten	FR-1	Western Washington	10:41.53	UW Indoor Preview	01/16/10	01/17/10
	10	Brisky, Sierra	SO-2	Western Washington	10:42.53	UW Indoor Open 2010	02/14/10	02/14/10
	11	Wright, Amanda	SO-2	Western Oregon	10:47.84	Portland Indoor	02/07/10	02/08/10
	12	Houck, Stephanie	FR-1	Western Washington	10:48.00	UW Indoor Open 2010	02/14/10	02/14/10
	13	Cecchi, KayAnna	SO-2	Western Oregon	11:03.04	UW Indoor Preview	01/16/10	01/17/10
	14	Rendahl, Ashley	JR-3	Northwest Nazarene	11:05.85	Bronco Invitational	01/30/10	01/30/10
	15	Owen, Mary	FR-1	MSU-Billings	11:12.43	Mountain States Games	02/05/10	02/08/10
	16	Everetts, Megan	SO-2	Western Oregon	11:14.23	UW Indoor Preview	01/16/10	01/17/10
	17	Snawder, Erika	Junior	Western Oregon	11:15.21	UW Indoor Preview	01/16/10	01/17/10
	18	Pecha, Kaitlynn	SO-2	St. Martin's	11:16.85	Portland Indoor	02/07/10	02/08/10
	19	Llapitan, Ashley	FR-1	St. Martin's	11:24.30	UW Indoor Open 2010	02/14/10	02/14/10
	20	Rowley, Alee	SR-4	Western Oregon	11:26.92	UW Indoor Open 2010	02/14/10	02/14/10
	21	Camden, Helen	JR-3	St. Martin's	11:31.22	UW Indoor Open 2010	02/14/10	02/14/10
	22	Borunda, Alex	JR-3	Central Washington	11:37.00	Idaho Runner's Soul Open	02/06/10	02/06/10
	23	Kreft, Kelsey	SO-2	Central Washington	11:43.04	Idaho Runner's Soul Open	02/06/10	02/06/10
	24	Moser, Laura	FR-1	Seattle Pacific	11:47.96	UW Indoor Open 2010	02/14/10	02/14/10
	25	Rice, Ashley	FR-1	Central Washington	12:31.12	UW Indoor Open 2010	02/14/10	02/14/10

5,000m (Men)

		NCAA DII Auto 14:13.80		NCAA DII Prov 14:47.80		GNAC Auto 15:31.61	GNAC Prov 15:58.46
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	1	Welling, Jordan	JR-3 Western Washington	14:21.03 #	UW Husky Classic	02/12/10	02/14/10
	2	Reed, Chris	JR-3 Western Oregon	14:33.66 #	UW Husky Classic	02/12/10	02/14/10
	3	Watson, Barak	FR-1 Northwest Nazarene	14:44.52 #	UW Husky Classic	02/12/10	02/14/10
	4	Brill, Eric	JR-3 Western Washington	15:16.24	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	5	Kubitz, Greg	SR-4 Western Washington	15:18.76	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	6	Medhaug, Blake	JR-3 Western Washington	15:31.59	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	7	McCrary, Matt	SO-2 Western Oregon	15:40.42	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	8	Hunt, Spencer	SO-2 St. Martin's	15:51.49	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	9	Karr, Justin	JR-3 Western Oregon	16:00.31	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	10	Holt, Luke	FR-1 Western Oregon	16:01.35	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	11	Baggenstos, Jesse	FR-1 Northwest Nazarene	16:05.41	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	12	Harvey, Nicholas	JR-3 St. Martin's	16:12.18	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	13	Canfield, Taylor	SO-2 MSU-Billings	16:23.67 @	Mountain States Games	02/05/10	02/08/10
	14	Buttelman, Travis	FR-1 MSU-Billings	16:43.06 @	Mountain States Games	02/05/10	02/08/10
	15	Bolt, Mark	JR-3 MSU-Billings	16:59.86 @	Mountain States Games	02/05/10	02/08/10

5,000m (Women)

		NCAA DII Auto 16:56.20		NCAA DII Prov 17:48.20		GNAC Auto 18:37.15	GNAC Prov 19:37.38
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	1	Porter, Sarah	JR-3 Western Washington	16:47.07	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	2	Breihof, Lauren	JR-3 Western Washington	17:32.30	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	3	Olsen, Courtney	SR-4 Western Washington	17:43.72	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	4	Powell, Jordan	FR-1 Northwest Nazarene	17:46.33	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	5	Plunkett, Natty	SO-2 Seattle Pacific	17:56.47	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	6	Boyer, Jessica	SO-2 Western Washington	18:38.41	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	7	Wright, Amanda	SO-2 Western Oregon	18:38.94	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	8	Brisky, Sierra	SO-2 Western Washington	18:57.21	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	9	Slaughter, Danielle	JR-3 Western Washington	19:02.61	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	10	Cecchi, KayAnna	SO-2 Western Oregon	19:28.64	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	11	Owen, Mary	FR-1 MSU-Billings	19:37.45 @	Mountain States Games	02/05/10	02/08/10
	12	Rendahl, Ashley	JR-3 Northwest Nazarene	19:42.48	United Heritage	02/05/10	02/06/10
	13	Mickelsen, Whitney	SO-2 MSU-Billings	19:56.47 # @	Air Force Indoor Invitational	02/12/10	02/14/10
	14	Pecha, Kaitlynn	SO-2 St. Martin's	20:00.75	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	15	Everetts, Megan	SO-2 Western Oregon	20:36.90	GNAC Indoor Track & Field Championships	02/20/10	02/20/10

60m H (Men)


		NCAA DII Auto 8.04		NCAA DII Prov 8.25		GNAC Auto 8.89	GNAC Prov 9.26
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	1	Loscutoff, Andy	JR-3 Western Oregon	8.34	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	2	Hogan, Anthony	FR-1 Central Washington	8.37	GNAC Indoor Track & Field Championships	02/20/10	02/20/10

	3	Gray, Andrew	SO-2	Western Washington	8.53	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	4	Harris, Darnell	SO-2	Central Washington	8.57	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	4	Werner, Jordan	JR-3	Western Oregon	8.57	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	6	Endresen, Ryan	FR-1	Seattle Pacific	8.89	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	7	Clendaniel, Tim	SO-2	Western Washington	8.90	UW Invitational	01/29/10	01/30/10
	8	Steiglitz, Tim	FR-1	Northwest Nazarene	8.96	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	9	Harrison, Alex	JR-3	Western Washington	8.97	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	10	Johnson, Nate	FR-1	Seattle Pacific	8.99	UW Indoor Preview	01/16/10	01/17/10
	11	Solberg, Dylan	FR-1	MSU-Billings	9.04(55) @	CSC Alumni Open	12/12/09	12/14/09
	12	Roddeewig, Brandon	FR-1	Central Washington	9.35	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	13	Williams, Dorian		MSU-Billings	9.49(55) @	Montana State Open #2	01/29/10	01/30/10
	14	Carr, James	SO-2	Central Washington	9.62	UW Indoor Open 2010	02/14/10	02/14/10
	15	Gordon, Dylan	FR-1	Western Washington	10.09	Idaho Runner's Soul Open	02/06/10	02/06/10
	16	Greene, Tim	JR-3	Northwest Nazarene	10.64	Boise Team Invitational	02/12/10	02/13/10
	17	Montgomery, Stuart	JR-3	Northwest Nazarene	10.71	Boise Team Invitational	02/12/10	02/13/10
	18	Heidegger, Ben	SO-2	Northwest Nazarene	10.76	Boise State Jackson's Open	12/04/09	12/07/09
	19	Iverson, Kevin	SR-4	Western Washington	11.07	UW Indoor Open 2010	02/14/10	02/14/10


60m H (Women)

		NCAA DII Auto 8.60		NCAA DII Prov 9.00		GNAC Auto 9.36		GNAC Prov 9.87	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
	1	Howe, Michelle	JR-3	Western Washington	8.89	SPU Division II Last Chance	02/27/10	02/28/10	
	2	Schumacher, Terra	JR-3	Seattle Pacific	9.07	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	3	Keifer, Mandy	JR-3	Western Oregon	9.23	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	4	Vander Meulen, Janna	SO-2	Western Oregon	9.24	UW Indoor Open 2010	02/14/10	02/14/10	
	5	Pike, Jenifer	JR-3	Seattle Pacific	9.29	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	6	Reid, Kaitlyn	JR-3	Western Oregon	9.34	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	7	Bjomsson, Tanya	FR-1	Western Washington	9.37	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	8	Lotze, Katharine	FR-1	Central Washington	9.63	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	8	McDonald, Alexandra	FR-1	Western Washington	9.63	UW Indoor Open 2010	02/14/10	02/14/10	
	10	Mosher, Ali	SO-2	Western Oregon	9.73	UW Indoor Preview	01/16/10	01/17/10	
	11	Bennett, Jill	SO-2	Northwest Nazarene	9.78	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	12	Rowland, Shelby	FR-1	Western Washington	9.80	UW Indoor Open 2010	02/14/10	02/14/10	
	13	Gonzalez, Raquel	SR-4	Central Washington	9.83	UW Indoor Open 2010	02/14/10	02/14/10	
	14	Halle, Erika	SO-2	Montana State-Billings	9.96(55) @	Montana State Multis	01/12/10	01/12/10	
	15	Pridgen, Laura	FR-1	Northwest Nazarene	9.98	Boise State Jackson's Open	12/04/09	12/07/09	
	15	Rose, Amanda	SR-4	Central Washington	9.98	Idaho Runner's Soul Open	02/06/10	02/06/10	
	17	Aanstad, Brittany	JR-3	Seattle Pacific	10.01	UW Invitational	01/29/10	01/30/10	
	18	Jones, Stephanie	FR-1	Central Washington	10.06	UW Indoor Open 2010	02/14/10	02/14/10	
	19	Vonarx, Laura	SR-4	Northwest Nazarene	10.24	Boise State Jackson's Open	12/04/09	12/07/09	
	20	Scholter, Hannah	FR-1	St. Martin's	10.30	UW Indoor Open 2010	02/14/10	02/14/10	
	21	Sims, Chrystal	JR-3	Seattle Pacific	10.32	UW Invitational	01/29/10	01/30/10	
	22	McLam, Beth	JR-3	Northwest Nazarene	10.65	Boise Team Invitational	02/12/10	02/13/10	
	23	Hampton, Liz	SO-2	Central Washington	10.67	Idaho Runner's Soul Open	02/06/10	02/06/10	
	24	Adams, Elissa	FR-1	MSU-Billings	10.82(55) @	CSC Alumni Open	12/12/09	12/14/09	
	24	Anderson, Angela	SO-2	St. Martin's	10.82	UW Indoor Open 2010	02/14/10	02/14/10	
	26	Berg, Siri	SO-2	Central Washington	10.89	UW Indoor Open 2010	02/14/10	02/14/10	
	27	Hugus, Stephanie	FR-1	Northwest Nazarene	10.92	United Heritage	02/05/10	02/06/10	
	28	Crowder, Emili	FR-1	MSU-Billings	11.16(55) @	CSC Alumni Open	12/12/09	12/14/09	
	29	Rotta, Ali	FR-1	Northwest Nazarene	12.39	Boise Team Invitational	02/12/10	02/13/10	

4 x 400m Relay (Men)

		NCAA DII Auto 3:13.40		NCAA DII Prov 3:18.50			
RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
	1	Western Oregon	3:15.83 #	SPU Division II Last Chance	02/27/10	02/28/10	
	2	Western Washington	3:23.35	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	3	Northwest Nazarene	3:23.59	Boise State Jackson's Open	12/04/09	12/07/09	
	4	Central Washington	3:28.60 #	Idaho Runner's Soul Open	02/06/10	02/06/10	
	5	MSU-Billings	3:30.21	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	6	Seattle Pacific	3:30.56	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	
	7	St. Martin's	3:35.55	GNAC Indoor Track & Field Championships	02/20/10	02/20/10	

4 x 400m Relay (Women)

		NCAA DII Auto 3:45.80		NCAA DII Prov 3:55.80			
RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
	1	Western Washington	3:48.67	NCAA Division II Indoor Championships	03/12/10	03/13/10	

2	Seattle Pacific	4:03.16	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
3	Western Oregon	4:06.31	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
4	Northwest Nazarene	4:06.45	Boise Team Invitational	02/12/10	02/13/10
5	MSU-Billings	4:14.09	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
6	Central Washington	4:16.99	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
7	St. Martin's	4:32.28	GNAC Indoor Track & Field Championships	02/20/10	02/20/10

4,000m Distance Medley (Men)

NCAA DII Auto 9:52.60

NCAA DII Prov 10:07.60

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
+ 1	Western Washington	10:00.83 #	SPU Division II Last Chance	02/27/10	02/28/10
2	Western Oregon	10:22.99	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
3	Seattle Pacific	10:32.07	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
4	MSU-Billings	11:03.58	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
5	St. Martin's	11:07.25	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
6	Northwest Nazarene	11:07.69	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
7	Central Washington	11:33.07	GNAC Indoor Track & Field Championships	02/20/10	02/20/10

4,000m Distance Medley (Women)

NCAA DII Auto 11:48.80

NCAA DII Prov 12:18.30

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
✓+ 1	Seattle Pacific	11:29.88	NCAA Division II Indoor Championships	03/12/10	03/13/10
✓+ 2	Western Washington	11:47.17 #	UW Invitational	01/29/10	01/30/10
3	Northwest Nazarene	12:18.50	United Heritage	02/05/10	02/06/10
4	Western Oregon	12:47.74	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
5	MSU-Billings	13:04.34	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
6	Central Washington	13:46.22	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
7	St. Martin's	13:50.00	GNAC Indoor Track & Field Championships	02/20/10	02/20/10

High Jump (Men)

NCAA DII Auto 2.11m

NCAA DII Prov 2.04m

GNAC Auto 1.93m

GNAC Prov 1.76m

RANK	ATHLETE	YEAR TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
1	Boyes, Brennan	FR-1 Central Washington	6' 6"	1.98m	Idaho Runner's Soul Open	02/06/10	02/06/10
2	Brockman, Keefe	SO-2 Western Washington	6' 5"	1.96m	UW Indoor Preview	01/16/10	01/17/10
3	Hamilton, Jonathan	JR-3 Central Washington	6' 4.75"	1.95m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
4	Hardie, Matson	FR-1 Western Oregon	6' 4.25"	1.94m	Portland Indoor	02/07/10	02/08/10
5	Roddewig, Brandon	FR-1 Central Washington	6' 3.25"	1.91m	UW Indoor Preview	01/16/10	01/17/10
5	Wegner, Robert	SR-4 Western Oregon	6' 3.25"	1.91m	UW Indoor Preview	01/16/10	01/17/10
7	Brown, Ryan	JR-3 Western Washington	6' 0.75"	1.85m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
7	Larson, Josh	SO-2 Western Washington	6' 0.75"	1.85m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
9	Clendaniel, Tim	SO-2 Western Washington	5' 10.75"	1.80m	UW Invitational	01/29/10	01/30/10
9	Massari, Zach	SO-2 Western Oregon	5' 10.75"	1.80m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
11	Ewing, Rusty	FR-1 MSU-Billings	5' 10.5"	1.79m	CSC Alumni Open	12/12/09	12/14/09
12	Wagner, Nate	SR-4 Seattle Pacific	5' 8.75"	1.75m	UW Indoor Open 2010	02/14/10	02/14/10
13	Johnson, Nate	FR-1 Seattle Pacific	5' 7.25"	1.71m	UW Invitational	01/29/10	01/30/10
14	Harrison, Alex	JR-3 Western Washington	5' 7"	1.70m	UW Indoor Open 2010	02/14/10	02/14/10
15	Montgomery, Stuart	JR-3 Northwest Nazarene	5' 1.75"	1.57m	Boise State Jackson's Open	12/04/09	12/07/09
16	Greene, Tim	JR-3 Northwest Nazarene	5' 0.5"	1.54m	Boise Team Invitational	02/12/10	02/13/10
16	Heidegger, Ben	SO-2 Northwest Nazarene	5' 0.5"	1.54m	Boise State Jackson's Open	12/04/09	12/07/09

High Jump (Women)

NCAA DII Auto 1.74m

NCAA DII Prov 1.67m

GNAC Auto 1.61m

GNAC Prov 1.46m

RANK	ATHLETE	YEAR TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
+ 1	Aanstad, Brittany	JR-3 Seattle Pacific	5' 5.75"	1.67m	UW Invitational	01/29/10	01/30/10
2	Gross, Katy	FR-1 Seattle Pacific	5' 5"	1.65m	UW Indoor Open 2010	02/14/10	02/14/10
2	Worthen, Ali	SO-2 Seattle Pacific	5' 5"	1.65m	UW Indoor Open 2010	02/14/10	02/14/10
4	Overdick, Amanda	FR-1 Western Washington	5' 3"	1.60m	UW Indoor Open 2010	02/14/10	02/14/10
5	Ambrose, Karah	FR-1 Western Oregon	5' 1.75"	1.57m	Portland Indoor	02/07/10	02/08/10
5	Jewitt, Jasmyn	FR-1 Northwest Nazarene	5' 1.75"	1.57m	Boise State Jackson's Open	12/04/09	12/07/09
5	Mattson, Jacquie	JR-3 Seattle Pacific	5' 1.75"	1.57m	Portland Indoor	02/07/10	02/08/10
8	Gonzalez, Raquel	SR-4 Central Washington	5' 1.25"	1.56m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
9	Bennett, Jill	SO-2 Northwest Nazarene	5' 0.25"	1.53m	Bronco Invitational	01/30/10	01/30/10
9	Lotze, Katharine	FR-1 Central Washington	5' 0.25"	1.53m	UW Indoor Preview	01/16/10	01/17/10
11	Neilson, Kelsey	SO-2 Western Oregon	4' 11.75"	1.52m	Portland Indoor	02/07/10	02/08/10

	11	Neumiller, Kayla	FR-1	MSU-Billings	4' 11.75"	1.52m	BHSU Winter Open	12/03/09	12/06/09
	13	Pike, Jenifer	JR-3	Seattle Pacific	4' 10.5"	1.49m	UW Invitational	01/29/10	01/30/10
	14	Sims, Chrystal	JR-3	Seattle Pacific	4' 9.5"	1.46m	UW Invitational	01/29/10	01/30/10
	15	Berg, Siri	SO-2	Central Washington	4' 9"	1.45m	UW Indoor Open 2010	02/14/10	02/14/10
	16	Alvord, Angie	SR-4	Western Washington	4' 8.25"	1.43m	UW Indoor Preview	01/16/10	01/17/10
	17	Halle, Erika	SO-2	Montana State-Billings	4' 7.75"	1.42m	Montana State Multis	01/12/10	01/12/10
	18	Vonarx, Laura	SR-4	Northwest Nazarene	4' 6.75"	1.39m	Boise State Jackson's Open	12/04/09	12/07/09
	19	McLam, Beth	JR-3	Northwest Nazarene	4' 6.25"	1.38m	United Heritage	02/05/10	02/06/10
	20	Rotta, Ali	FR-1	Northwest Nazarene	4' 4.75"	1.34m	Boise Team Invitational	02/12/10	02/13/10



Pole Vault (Men)

		NCAA DII Auto 5.05m		NCAA DII Prov 4.80m		GNAC Auto 4.51m		GNAC Prov 4.05m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	DATE	DATE	SUBMITTED
	1	Brown, Ryan	JR-3	Western Washington	17' 1.5"	5.22m	UW Invitational	01/29/10	01/30/10
	2	Roddewig, Brandon	FR-1	Central Washington	15' 1"	4.60m	Idaho Runner's Soul Open	02/06/10	02/06/10
	3	Giddens, Jayce	SR-4	Western Oregon	14' 7.25"	4.45m	UW Indoor Open 2010	02/14/10	02/14/10
	4	Clendaniel, Tim	SO-2	Western Washington	14' 3.25"	4.35m	UW Invitational	01/29/10	01/30/10
	5	Harrison, Alex	JR-3	Western Washington	14' 1.75"	4.31m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	5	Martinez, Branden	SO-2	MSU-Billings	14' 1.75"	4.31m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	5	Simunds, Nathan	FR-1	Western Washington	14' 1.75"	4.31m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	8	Winters, Josh	JR-3	Western Washington	14' 1.25"	4.30m	UW Indoor Open 2010	02/14/10	02/14/10
	9	Bennett, Bruno	FR-1	Northwest Nazarene	13' 7.75"	4.16m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	9	Hoza, Nic	SO-2	Western Washington	13' 7.75"	4.16m	UW Indoor Preview	01/16/10	01/17/10
	9	Iverson, Kevin	SR-4	Western Washington	13' 7.75"	4.16m	UW Indoor Preview	01/16/10	01/17/10
	9	Roberts, Austin	SR-4	Western Oregon	13' 7.75"	4.16m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	13	Carr, James	SO-2	Central Washington	13' 7.25"	4.15m	Idaho Runner's Soul Open	02/06/10	02/06/10
	13	Johnson, Nate	FR-1	Seattle Pacific	13' 7.25"	4.15m	UW Indoor Open 2010	02/14/10	02/14/10
	15	Chavez, Ismael	SO-2	Western Washington	13' 1.5"	4.00m	UW Indoor Open 2010	02/14/10	02/14/10
	16	Guidon, Thomas	FR-1	Western Washington	12' 8"	3.86m	UW Indoor Preview	01/16/10	01/17/10
	16	Millson, Michael	JR-3	Western Washington	12' 8"	3.86m	UW Indoor Preview	01/16/10	01/17/10
	18	Lawson, Charles	SO-2	St. Martin's	10' 2"	3.10m	UW Indoor Open 2010	02/14/10	02/14/10
	19	Heidegger, Ben	SO-2	Northwest Nazarene	9' 10"	3.00m	Boise State Jackson's Open	12/04/09	12/07/09
	19	Montgomery, Stuart	JR-3	Northwest Nazarene	9' 10"	3.00m	Boise State Jackson's Open	12/04/09	12/07/09
	21	Greene, Tim	JR-3	Northwest Nazarene	8' 0.5"	2.45m	Boise Team Invitational	02/12/10	02/13/10

Pole Vault (Women)





















		NCAA DII Auto 3.85m		NCAA DII Prov 3.50m		GNAC Auto 3.21m		GNAC Prov 2.91m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	DATE	DATE	SUBMITTED
	1	Peaslee, Melissa	JR-3	Seattle Pacific	12' 0.5"	3.67m	SPU Division II Last Chance	02/27/10	02/28/10
	2	Schumacher, Terra	JR-3	Seattle Pacific	11' 6.25"	3.51m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	3	DiEnno, Amanda	SR-4	Western Washington	11' 3.75"	3.45m	UW Indoor Open 2010	02/14/10	02/14/10
	4	Caldwell, Michaela	SO-2	Seattle Pacific	11' 2.5"	3.42m	SPU Division II Last Chance	02/27/10	02/28/10
	4	Couvelier, Elsa	SR-4	Western Washington	11' 2.5"	3.42m	SPU Division II Last Chance	02/27/10	02/28/10
	6	Mueller, Robin	SO-2	Western Washington	11' 1"	3.38m	UW Indoor Preview	01/16/10	01/17/10
	7	DiMarco, Diana	JR-3	Western Washington	11' 0.25"	3.36m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	7	Usabel, MJ	SR-4	Northwest Nazarene	11' 0.25"	3.36m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	9	Elzinga, Karina	SR-4	Northwest Nazarene	10' 11.75"	3.35m	Boise State Jackson's Open	12/04/09	12/07/09
	10	Gedde, Kjersti	SO-2	Seattle Pacific	10' 8"	3.25m	UW Indoor Open 2010	02/14/10	02/14/10
	11	Quick, Jennifer	JR-3	Western Washington	10' 7"	3.23m	UW Indoor Preview	01/16/10	01/17/10
	12	Egger, Ashley	JR-3	Northwest Nazarene	10' 0.5"	3.06m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	13	Anderson, Karis	FR-1	Western Washington	9' 8"	2.95m	UW Indoor Open 2010	02/14/10	02/14/10
	13	Swigart, Hannah	FR-1	Central Washington	9' 8"	2.95m	UW Indoor Open 2010	02/14/10	02/14/10
	15	Crowder, Emili	FR-1	MSU-Billings	9' 6.25"	2.90m	Montana State Open #1	01/22/10	01/23/10
	15	Konzal, Amanda	SO-2	Northwest Nazarene	9' 6.25"	2.90m	United Heritage	02/05/10	02/06/10
	15	Larsen, Jamie	FR-1	Central Washington	9' 6.25"	2.90m	Idaho Runner's Soul Open	02/06/10	02/06/10
	18	Gross, Kristi	SO-2	Western Washington	9' 2.25"	2.80m	UW Indoor Open 2010	02/14/10	02/14/10
	18	Lopez, Belen	FR-1	Central Washington	9' 2.25"	2.80m	UW Indoor Open 2010	02/14/10	02/14/10
	20	Hull, Samantha	FR-1	St. Martin's	9' 1.5"	2.78m	UW Indoor Preview	01/16/10	01/17/10

Long Jump (Men)




		NCAA DII Auto 7.30m		NCAA DII Prov 7.08m		GNAC Auto 6.58m		GNAC Prov 6.28m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	DATE	DATE	SUBMITTED
	1	Hardie, Matson	FR-1	Western Oregon	23' 8"	7.21m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	2	Clendaniel, Tim	SO-2	Western Washington	23' 3.25"	7.09m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10

	3	Felt, Justin	SR-4	Seattle Pacific	22' 9.75"	6.95m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	4	Zackery, Anthony	JR-3	Western Washington	22' 9.25"	6.94m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	5	Mack, Bryan	SO-2	Central Washington	22' 7.25"	6.89m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	6	Gruger, Shane	JR-3	Western Washington	22' 6.25"	6.86m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	7	Davis, Will	FR-1	Western Washington	22' 4.25"	6.81m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	8	Wegner, Robert	SR-4	Western Oregon	22' 3.5"	6.79m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	9	Cho, James	SO-2	Central Washington	21' 8"	6.60m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	10	Jones, Rendel	SO-2	Central Washington	21' 4.75"	6.52m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	11	Hyde, Jake	FR-1	Western Oregon	21' 4.25"	6.51m	UW Indoor Preview	01/16/10	01/17/10
	12	Ewing, Rusty	FR-1	MSU-Billings	20' 8.5"	6.31m	BHSU Winter Open	12/03/09	12/06/09
	13	Hanson, Mark	SR-4	Northwest Nazarene	20' 5.75"	6.24m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	14	Brown, Ryan	JR-3	Western Washington	20' 4.5"	6.21m	UW Indoor Open 2010	02/14/10	02/14/10
	15	DeVaughn, Josh	FR-1	St. Martin's	20' 3.5"	6.18m	UW Indoor Open 2010	02/14/10	02/14/10
	16	Roddewig, Brandon	FR-1	Central Washington	20' 0.25"	6.10m	UW Indoor Preview	01/16/10	01/17/10
	17	Harrison, Alex	JR-3	Western Washington	19' 10.25"	6.05m	UW Indoor Open 2010	02/14/10	02/14/10
	18	Iverson, Kevin	SR-4	Western Washington	19' 9"	6.02m	UW Indoor Open 2010	02/14/10	02/14/10
	18	McDaniel, Casey	FR-1	Western Washington	19' 9"	6.02m	UW Indoor Open 2010	02/14/10	02/14/10
	20	Greene, Tim	JR-3	Northwest Nazarene	19' 4.75"	5.91m	United Heritage	02/05/10	02/06/10
	21	Williams, Dorian		MSU-Billings	18' 11.75"	5.78m	Mountain States Games	02/05/10	02/08/10
	22	Barrett, Luke	SR-4	MSU-Billings	18' 8.5"	5.70m	BHSU Winter Open	12/03/09	12/06/09
	23	Johnson, Nate	FR-1	Seattle Pacific	18' 4.5"	5.60m	UW Invitational	01/29/10	01/30/10
	24	Hartwigsen, Derek	SO-2	Western Washington	18' 1.5"	5.52m	UW Indoor Open 2010	02/14/10	02/14/10
	25	Lewis, Deshawn	JR-3	MSU-Billings	18' 0.5"	5.50m	Montana State Open #1	01/22/10	02/13/10
	25	Montgomery, Stuart	JR-3	Northwest Nazarene	18' 0.5"	5.50m	Boise Team Invitational	02/12/10	02/13/10
	27	Sepe, Derek	SO-2	Northwest Nazarene	17' 10.75"	5.45m	Bronco Invitational	01/30/10	01/30/10
	28	Carr, James	SO-2	Central Washington	17' 10.25"	5.44m	UW Indoor Preview	01/16/10	01/17/10
	29	Freeman, Chris	SO-2	Western Oregon	17' 1.5"	5.22m	UW Indoor Preview	01/16/10	01/17/10
	30	Heidegger, Ben	SO-2	Northwest Nazarene	16' 10.75"	5.15m	Boise State Jackson's Open	12/04/09	12/07/09

Long Jump (Women)

RANK		ATHLETE		YEAR TEAM	NCAA DII Auto 5.90m		NCAA DII Prov 5.55m		GNAC Auto 5.20m	GNAC Prov 4.95m	
					ENGLISH		METRIC			MEET	
										DATE	
										SUBMITTED	
	1	Warman, Emily	SO-2	Western Washington	18' 9.75"	5.73m	UW Indoor Open 2010		02/14/10	02/14/10	
	2	Sims, Crystal	Senior	Seattle Pacific	17' 7.5"	5.37m	GNAC Indoor Track & Field Championships		02/20/10	02/20/10	
	3	Aanstad, Brittany	JR-3	Seattle Pacific	17' 7"	5.36m	GNAC Indoor Track & Field Championships		02/20/10	02/20/10	
	3	Alvarez, Amanda	FR-1	Seattle Pacific	17' 7"	5.36m	GNAC Indoor Track & Field Championships		02/20/10	02/20/10	
	5	Jenkins, Kelly	FR-1	Seattle Pacific	17' 4.75"	5.30m	UW Indoor Open 2010		02/14/10	02/14/10	
	6	Miranda, Trinna	FR-1	Seattle Pacific	17' 1.5"	5.22m	UW Indoor Open 2010		02/14/10	02/14/10	
	7	Nobbs, Natalie	SO-2	Seattle Pacific	17' 0.5"	5.19m	GNAC Indoor Track & Field Championships		02/20/10	02/20/10	
	8	Keifer, Mandy	JR-3	Western Oregon	16' 10.5"	5.14m	UW Indoor Open 2010		02/14/10	02/14/10	
	9	Potter, Ashley	SO-2	Western Oregon	16' 9.75"	5.12m	UW Indoor Preview		01/16/10	01/17/10	
	10	Jewitt, Jasmyn	FR-1	Northwest Nazarene	16' 9.25"	5.11m	United Heritage		02/05/10	02/06/10	
	11	Worthen, Ali	SO-2	Seattle Pacific	16' 8.5"	5.09m	GNAC Indoor Track & Field Championships		02/20/10	02/20/10	
	12	Halle, Erika	SO-2	MSU-Billings	16' 8"	5.08m	GNAC Indoor Track & Field Championships		02/20/10	02/20/10	
	13	Reid, Molly	SO-2	Northwest Nazarene	16' 7.75"	5.07m	GNAC Indoor Track & Field Championships		02/20/10	02/20/10	
	14	Vonarx, Laura	SR-4	Northwest Nazarene	16' 7.25"	5.06m	Boise Team Invitational		02/12/10	02/13/10	
	15	Bennett, Jill	SO-2	Northwest Nazarene	16' 3.25"	4.96m	Boise State Jackson's Open		12/04/09	12/07/09	
	16	Gross, Katy	FR-1	Seattle Pacific	16' 1.75"	4.92m	UW Indoor Preview		01/16/10	01/17/10	
	17	Bekkedahl, Maycee	JR-3	Northwest Nazarene	16' 1.5"	4.91m	Boise Team Invitational		02/12/10	02/13/10	
	18	Bailey, Mary	FR-1	Western Oregon	15' 9.75"	4.82m	UW Indoor Open 2010		02/14/10	02/14/10	
	19	Reff, Callie	FR-1	Western Washington	15' 9.5"	4.81m	UW Indoor Open 2010		02/14/10	02/14/10	
	20	Lewis, Kira	FR-1	Seattle Pacific	15' 6"	4.72m	UW Indoor Open 2010		02/14/10	02/14/10	
	21	Larlee, Annie	JR-3	Northwest Nazarene	15' 4.25"	4.68m	Boise Team Invitational		02/12/10	02/13/10	
	22	Gonzalez, Raquel	SR-4	Central Washington	15' 3.5"	4.66m	Idaho Runner's Soul Open		02/06/10	02/06/10	
	23	Pike, Jenifer	JR-3	Seattle Pacific	15' 3.25"	4.65m	UW Invitational		01/29/10	01/30/10	
	24	Weiks, Kaila	FR-1	St. Martin's	14' 10.5"	4.53m	UW Indoor Open 2010		02/14/10	02/14/10	
	25	Neumiller, Kayla	FR-1	MSU-Billings	14' 3"	4.34m	BHSU Winter Open		12/03/09	12/06/09	
	26	Rotta, Ali	FR-1	Northwest Nazarene	14' 0.5"	4.28m	Boise Team Invitational		02/12/10	02/13/10	
	27	McLam, Beth	JR-3	Northwest Nazarene	13' 9.5"	4.20m	Boise State Jackson's Open		12/04/09	12/07/09	
	28	Charette, Jocelyn	SR-4	Seattle Pacific	13' 9"	4.19m	UW Indoor Open 2010		02/14/10	02/14/10	

Triple Jump (Men)


















RANK		ATHLETE		YEAR TEAM	NCAA DII Auto 15.20m		NCAA DII Prov 14.40m		GNAC Auto 13.69m	GNAC Prov 12.57m	
					ENGLISH		METRIC			MEET	
										DATE	
										SUBMITTED	
	1	Hardie, Matson	FR-1	Western Oregon	47' 11.75"	14.62m	SPU Division II Last Chance		02/27/10	02/28/10	
	2	Jones, Rendel	SO-2	Central Washington	47' 7.25"	14.51m	GNAC Indoor Track & Field Championships		02/20/10	02/20/10	
	3	Mack, Bryan	SO-2	Central Washington	46' 10.25"	14.28m	GNAC Indoor Track & Field Championships		02/20/10	02/20/10	

	4	Davis, Will	FR-1	Western Washington	46' 7.25"	14.20m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	5	Cho, James	SO-2	Central Washington	46' 1.5"	14.06m	UW Indoor Preview	01/16/10	01/17/10
	6	Brockman, Keefe	SO-2	Western Washington	46' 0.75"	14.04m	UW Indoor Preview	01/16/10	01/17/10
	7	Hyde, Jake	FR-1	Western Oregon	45' 10.75"	13.99m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	8	Ewing, Rusty	FR-1	MSU-Billings	42' 0.5"	12.81m	CSC Alumni Open	12/12/09	12/14/09
	9	Lewis, Deshawn	JR-3	MSU-Billings	39' 9.75"	12.13m	Mountain States Games	02/05/10	02/08/10

Triple Jump (Women)

		NCAA DII Auto 11.90m		NCAA DII Prov 11.35m		GNAC Auto 10.67m		GNAC Prov 9.93m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	DATE	DATE	SUBMITTED
	1	Warman, Emily	SO-2	Western Washington	39' 11.5"	12.18m	SPU Division II Last Chance	02/27/10	02/28/10
	2	Potter, Ashley	SO-2	Western Oregon	38' 10.5"	11.85m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	3	Alvarez, Amanda	FR-1	Seattle Pacific	38' 4"	11.68m	UW Invitational	01/29/10	01/30/10
	4	Vonarx, Laura	SR-4	Northwest Nazarene	37' 9.25"	11.51m	Boise State Jackson's Open	12/04/09	12/07/09
	5	Lotze, Katharine	FR-1	Central Washington	37' 5.75"	11.42m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	6	Jewitt, Jasmyrn	FR-1	Northwest Nazarene	36' 7"	11.15m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	7	Rose, Amanda	SR-4	Central Washington	36' 5.75"	11.12m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	8	Alvarez, Athena	FR-1	Seattle Pacific	36' 1.25"	11.00m	UW Indoor Preview	01/16/10	01/17/10
	9	Keifer, Mandy	JR-3	Western Oregon	35' 10.75"	10.94m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	9	Miranda, Trinna	FR-1	Seattle Pacific	35' 10.75"	10.94m	UW Invitational	01/29/10	01/30/10
	11	Bekkedahl, Maycee	JR-3	Northwest Nazarene	35' 6.75"	10.84m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	11	Jenkins, Kelly	FR-1	Seattle Pacific	35' 6.75"	10.84m	UW Indoor Preview	01/16/10	01/17/10
	13	Lewis, Kira	FR-1	Seattle Pacific	35' 5.25"	10.80m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	14	Gross, Katy	FR-1	Seattle Pacific	35' 4"	10.77m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	15	Jones, Stephanie	FR-1	Central Washington	35' 3"	10.74m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	16	Reid, Molly	SO-2	Northwest Nazarene	35' 0.25"	10.67m	United Heritage	02/05/10	02/06/10
	17	Larlee, Annie	JR-3	Northwest Nazarene	34' 10.5"	10.63m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	18	Charette, Jocelyn	SR-4	Seattle Pacific	33' 6.5"	10.22m	UW Indoor Open 2010	02/14/10	02/14/10
	19	Adams, Elissa	FR-1	MSU-Billings	33' 3.75"	10.15m	BHSU Winter Open	12/03/09	12/06/09

Shot Put (Men)

		NCAA DII Auto 17.40m		NCAA DII Prov 15.85m		GNAC Auto 14.40m		GNAC Prov 12.78m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	DATE	DATE	SUBMITTED
	1	Elder, Ben	JR-3	Western Washington	52' 3.75"	15.94m	SPU Division II Last Chance	02/27/10	02/28/10
	2	Slowey, Jason	JR-3	Western Oregon	51' 3.75"	15.64m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	3	Fischer, Tyler	SR-4	Central Washington	50' 1.75"	15.28m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	4	Fenters, Jordan	JR-3	Northwest Nazarene	49' 4.5"	15.05m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	5	Gilbert, Jacob	FR-1	Western Washington	47' 2.5"	14.39m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	6	Westlin, Nelson	FR-1	Western Washington	46' 6.75"	14.19m	UW Indoor Preview	01/16/10	01/17/10
	7	Potes, Jesse	FR-1	Central Washington	46' 2.5"	14.08m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	8	Rottrup, Tanner	FR-1	MSU-Billings	45' 8"	13.92m	Montana State Open #1	01/22/10	01/23/10
	9	Jensen, Mike	FR-1	Central Washington	45' 1.75"	13.76m	UW Indoor Open 2010	02/14/10	02/14/10
	10	Harrison, Alex	JR-3	Western Washington	45' 0.25"	13.72m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	11	Wilson, Nick	FR-1	MSU-Billings	44' 10.25"	13.67m	Montana State Open #2	01/29/10	01/30/10
	12	Kauffman, Darian	FR-1	Western Oregon	44' 6"	13.56m	Portland Indoor	02/07/10	02/08/10
	13	Schryvers, Matt	SO-2	Western Oregon	42' 5.25"	12.93m	GNAC Indoor Track & Field Championships	02/20/10	02/20/10
	14	Gump, Cameron	FR-1	Western Washington	41' 11.5"	12.79m	UW Indoor Open 2010	02/14/10	02/14/10
	15	Jensen, Bryce	SO-2	MSU-Billings	41' 9.25"	12.73m	Mountain States Games	02/05/10	02/08/10
	16	Estrada, Diego	JR-3	Northwest Nazarene	41' 5.75"	12.64m	United Heritage	02/05/10	02/06/10
	17	Nichols, Tyler	SO-2	Western Washington	39' 8"	12.09m	Idaho Runner's Soul Open	02/06/10	02/06/10
	18	Martin, Billy	FR-1	Seattle Pacific	39' 2.5"	11.95m	UW Indoor Open 2010	02/14/10	02/14/10
	19	Knight, Andrew	FR-1	Western Washington	38' 2.75"	11.65m	Idaho Runner's Soul Open	02/06/10	02/06/10
	20	Ostler, Mychal	JR-3	Central Washington	38' 1.25"	11.61m	UW Indoor Open 2010	02/14/10	02/14/10
	21	Lovell, Zach	SO-2	Northwest Nazarene	37' 2.25"	11.33m	Boise Team Invitational	02/12/10	02/13/10
	22	Hartwigsen, Derek	SO-2	Western Washington	36' 7"	11.15m	UW Indoor Open 2010	02/14/10	02/14/10
	23	Williams, Elmer	FR-1	Northwest Nazarene	34' 7"	10.54m	Boise Team Invitational	02/12/10	02/13/10
	24	Loscutt, Andy	JR-3	Western Oregon	34' 5"	10.49m	Portland Indoor	02/07/10	02/08/10
	25	Hyde, Jake	FR-1	Western Oregon	34' 4.75"	10.48m	Portland Indoor	02/07/10	02/08/10
	26	Clendaniel, Tim	SO-2	Western Washington	34' 1.5"	10.40m	UW Invitational	01/29/10	01/30/10
	27	Johnson, Nate	FR-1	Seattle Pacific	33' 10.75"	10.33m	UW Invitational	01/29/10	01/30/10
	28	Player, Anthony	FR-1	St. Martin's	33' 4.5"	10.17m	UW Indoor Preview	01/16/10	01/17/10
	29	Greene, Tim	JR-3	Northwest Nazarene	32' 2"	9.80m	Boise State Jackson's Open	12/04/09	12/07/09
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